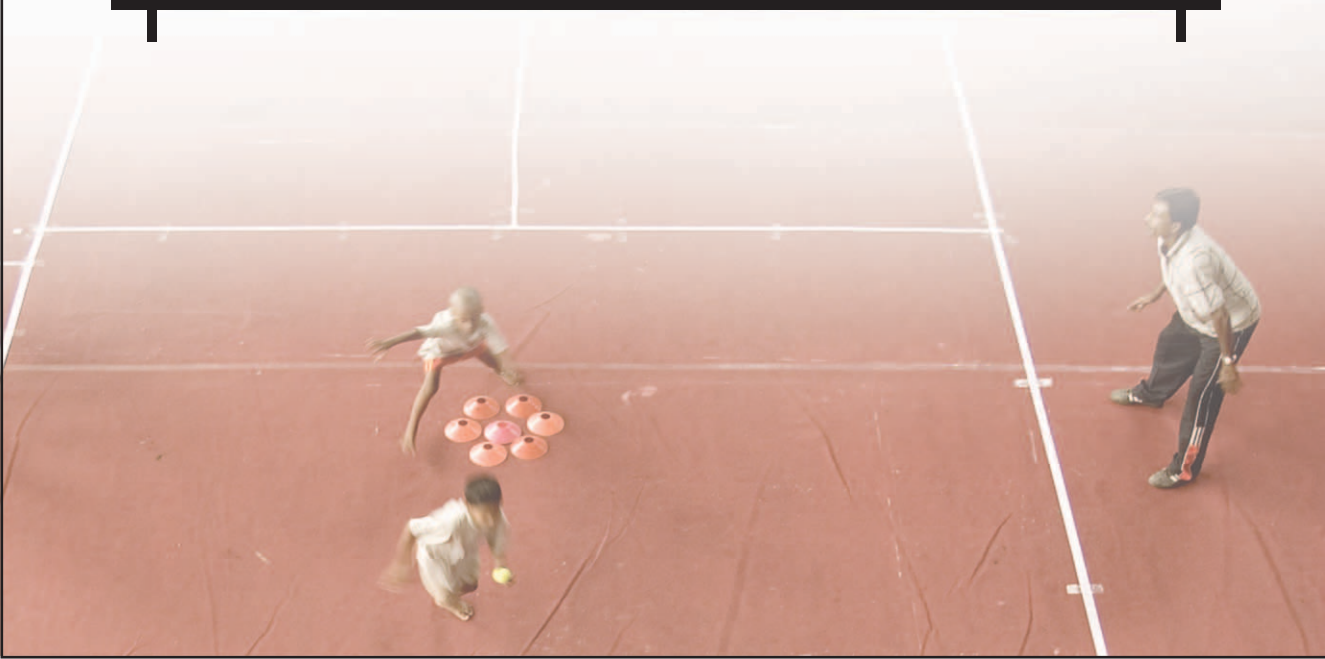


IV. ADAPTATION OF 10 RECREATIONAL GAMES (TECHNICAL CARDS)



1. "1, 2, 3...Sunshine!!!!"

AGE LIMIT

4 years and above , mixing age is possible

NUMBER OF PLAYERS

5 to 15

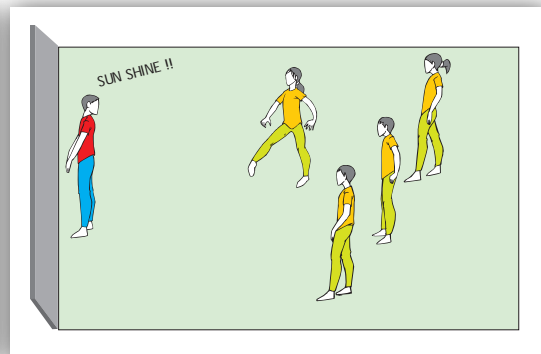
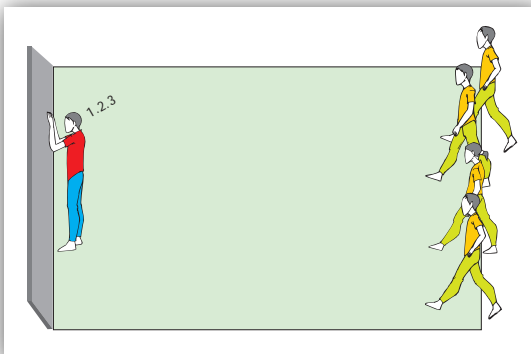
MATERIAL

- Markers for starting line

DESCRIPTION

One player is the sun, s/he stands, facing the wall (or a tree), and counts slowly "1...2...3"

During this time, the other players move forward from the starting line to touch the sun. When the sun stops counting, s/he turns around to face the others and shouts "sunshine!!!". If s/he finds a player moving, the player has to return to the starting line.



THE WINNER

The first player who touches the sun

VARIATION OF DIFFICULTY LEVEL

- Distance between the sun and the starting line (+/-)
- Walking method: on one foot, in dog style, duck waddling, kangaroo jump, backwards (+).

ADAPTATION

This game is for all. Everybody can play at the same time and on the same playground. The game is easy to adapt and to understand.



Start from a line closer to the Sun.



Standard walking if special walking method is too hard.



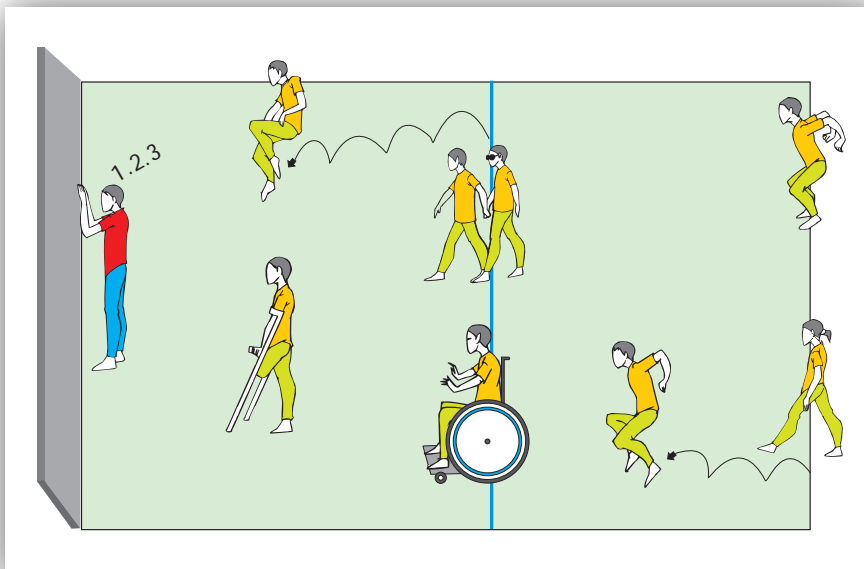
One player guides him/her.



Sun can accompany exclaiming "sunshine!!!" by lifting one hand at the same time in the air, so that hearing impaired players know, they have to stop moving.



Accompany him/her in the beginning.



"Touch the sun with Kangaroo jump, walking"

2. Stole The Meat (Cap Game)

AGE LIMIT

4-12 years. Place children of similar ages into pairs.

NUMBER OF PLAYERS

8 to 12

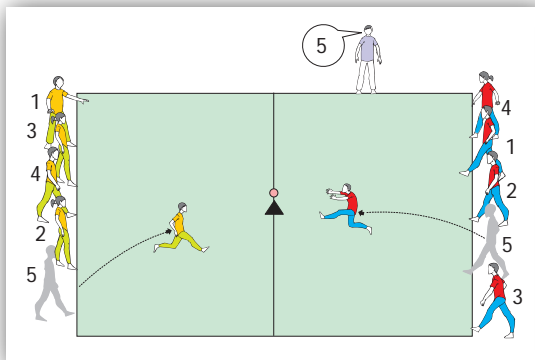
MATERIALS

- One little ball, cap or scarf
- Markers

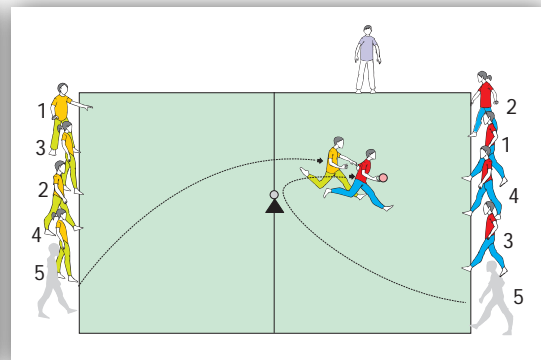
DESCRIPTION

Two teams on opposite sides of the playground. Each player on a team has a different number, and has an opponent on the other team with the corresponding number.

When the referee calls a number, the players with this number try to snatch the ball from the middle of the field and run back to their camps, without being touched by their opponent.



The two players with the number 5 compete with each other.



Red snatches the ball first but yellow touches him/her: Red loses

THE WINNER

- Player who takes the ball and comes back to his/her camp without being touched by the opponent.
- There is an individual winner for each run but it is also possible to count the total number of runs, for team results.

VARIATION OF DIFFICULTY LEVEL

- The smaller the playground, the more important the reactivity
- The longer the playground, the more important the running speed
- The referee can call many players at the same time and it is possible to pass the ball amongst the team members. (If the referee calls "salad" all players enter the playground simultaneously)
- Different walking methods: Jumping on one or both legs, like a dog, waddling like duck or jumping like a Kangaroo.

ADAPTATION

Quite easy for all players.



- Start from different line, but only if CWDs are playing against able bodied players. If two wheelchair or cane users are playing against each other, no adaptation might be necessary
- Put the ball on a higher level, so it's easier to catch
- If it's too difficult, consider playing without return rule: winner is the one who catches the ball first.



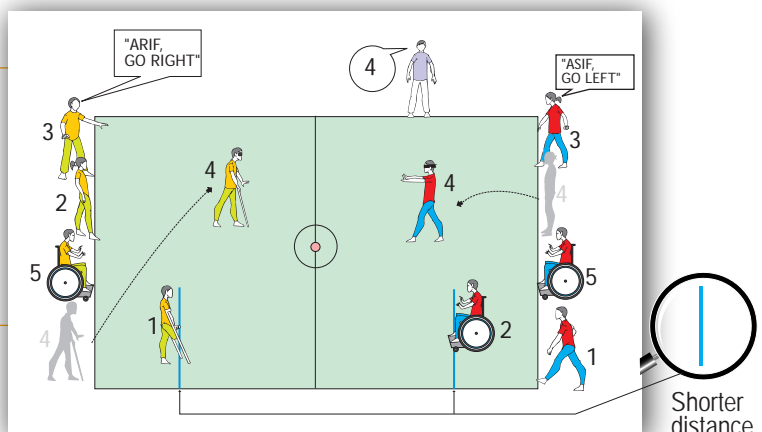
- If one player has no vision, use a ribbon to cover the eyes of the players without disability
- Put a sound ball in the middle or teams can guide their players with their voiced indications (e.g. "more to the right")
- The first to find and touch the ball wins (not return to the starting line).



Referee indicates the number with fingers to call up players (or voice and fingers at the same time).



Use color system if numbers are too abstract.



- Two wheelchair users against each other: see situation of pair number 5
- Two visually impaired players against each other: see situation of pair number 4
- Crutch user: see situations of pair number 2 and 1

3. Musical Chair

AGE LIMIT

4 years and above but quite similar age group in the same game

NUMBER OF PLAYERS

6 to 20

MATERIALS

- Chairs
- Markers
- Musical instrument or music player
- Big rings for adaptation

DESCRIPTION

Players keep walking or running around chairs while the music is playing. There are fewer chairs than there are players. When the music stops, players try to find a chair to sit down in. All players without a seat are eliminated, the others continue. With each round the number of chairs are also gradually reduced.



THE WINNER

The player who sits down on the last chair.

VARIATION OF DIFFICULTY LEVEL

- Ratio of chairs per players (the fewer chairs per players, the more difficult this game is)
- Use a color system: each player takes one coloured piece of paper, from a cap, before starting, and each chair has two secret colors on the back. Players have to find a chair with a colour corresponding to the one on their paper(+).

ADAPTATION

Easy for all types of disability except for players without any vision.



Wheelchair users just have to touch the chair or enter the big rings

Use special areas: players without disability have to stay outside the protected circle while the music is playing.



Consider use of protected circle if necessary. Crutch users can then chose to sit on a chair or to stand in a ring.

!!! Be careful with players with club-foot. According to the direction of walking/ running around the chairs; it is harmful if the club foot is outside and beneficial if the club foot is inside.



Potentially risky if s/he sits down beside the chair and risks bumping into other players.

Consider pair support for guidance

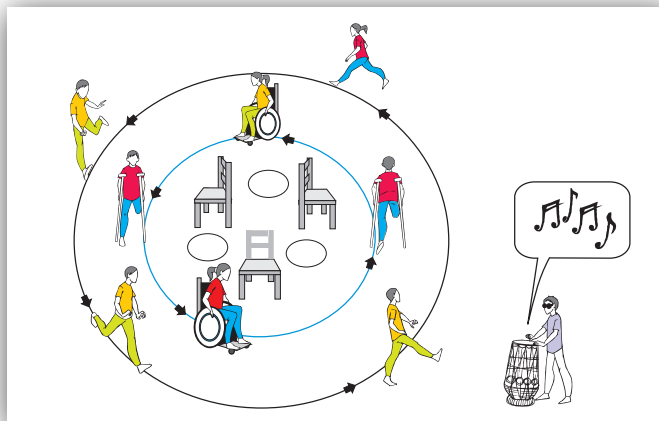
S/he can play the music for the game or handle the music machine.



Use a flashy sign when music stops.



Consider starting with the same number of chairs and players for the first time.



Equalizing chances may be difficult, due to varying ratio of free chairs per able-bodied player or free rings per wheelchair / crutch users.

4. Jail Ball

AGE LIMIT

7 years and above but quite similar age groups in the same game

NUMBER OF PLAYERS

8 to 18

MATERIALS

- One soft ball
- Markers
- One whistle

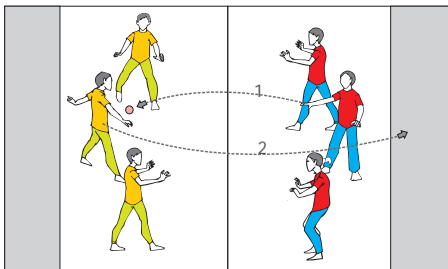
DESCRIPTION

Two teams on two sides.

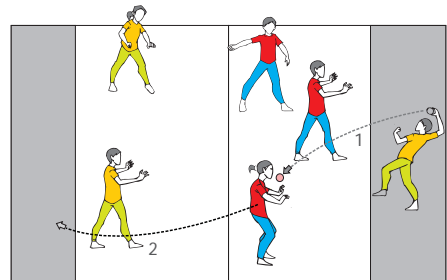
When one player has possession of the ball, s/he throws it at an opponent. When a player is hit, s/he goes to the jail area at the back of the other team's side.

If the ball touches the ground before touching the opponent, the player can stay in the field.

To get out of the jail, a player has to get the ball when it rolls into the jail and to throw it at an opponent. His/her team can help by passing shots.



Yellow player is hit and has to go to jail.



-Yellow hits red player and comes back to field

- Red goes to jail

THE WINNER

The team which sends all players of the other team to jail.

VARIATION OF DIFFICULTY LEVEL

- Density of players (+/-)
- Size of the field (+/-)
- Throwing technique (e.g. only with left hand...) (+)
- Shape of the jail: if jail is extended to the sides of the field, it's easier for prisoners to recover balls and hence harder for opponents to retrieve them.

ADAPTATION

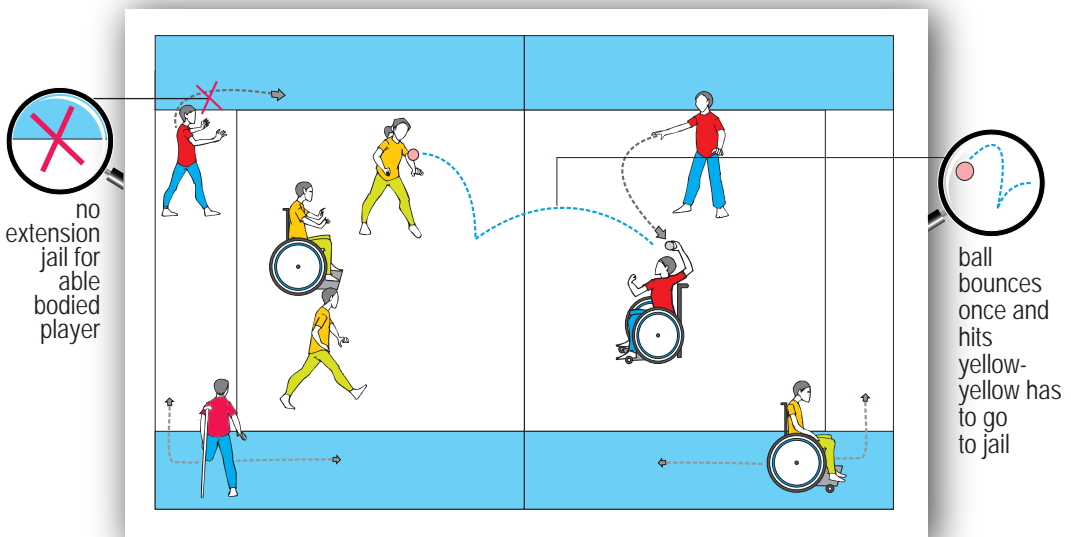
Quite easy to adapt for all types of disability.



- Wheelchair user can play by sitting on the ground, but if this solution is chosen, it should apply to all players
- Can send a player to jail even if the ball bounces once
- Use an extended jail only for them
- When the ball touches the wheelchair, other players have to give the ball to the player.



- Able-bodied players can protect them and try to catch the ball
- Can send a player to jail even if the ball bounces once
- Use an extended jail only for them.





-
- Not easy because soft ball doesn't make sound
 - Possible to use a "Torball field" but then all players need to be made visually impaired by tying a ribbon over their eyes. (for more details, refer to the specific rules of "Torball").



No specific adaptation required.



Start without jails (players are eliminated from the game) and introduce jail step by step.



5. Kanamachi (Blind man's buff)

AGE LIMIT

4 to 10 years

NUMBER OF PLAYERS

4 to 12 players

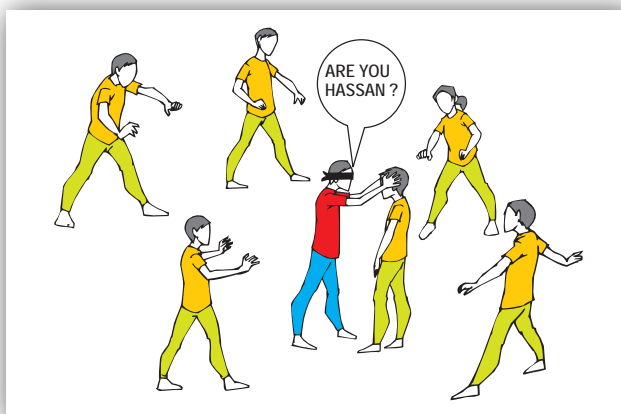
MATERIAL

- A pice of ribbon

DESCRIPTION

Very popular game all over the world, good for starting collective activities, because all players have to learn the name of the others.

Red player is "blind" (eyes covered with a ribbon) and tries to catch the others. After that, s/he has to recognize the player by touching him/her using hands only. If s/he is successful, the other player turns "blind", otherwise s/he restarts.



THE WINNER

Every "blind" player who recognizes one friend.

VARIATION OF DIFFICULTY LEVEL

- Put some obstacles (cartons, boxes, plastic chairs...) on the playground, but think about safety (+)
- The more players there are, the more difficult it is to recognize other players and to know all their names(+)
- Guide the "blind" player with sound and other players stay still
- Modify distribution of players on the playground (+/-).

ADAPTATION

Easy game for inclusion, everybody can play.



Change material for each CWD for fun: e.g. help the wheelchair user stand up; make one player without disability sit on the wheelchair; take one crutch from the crutch user, etc. then it's more difficult to know who is who.



Feel all the players and receive their names before starting

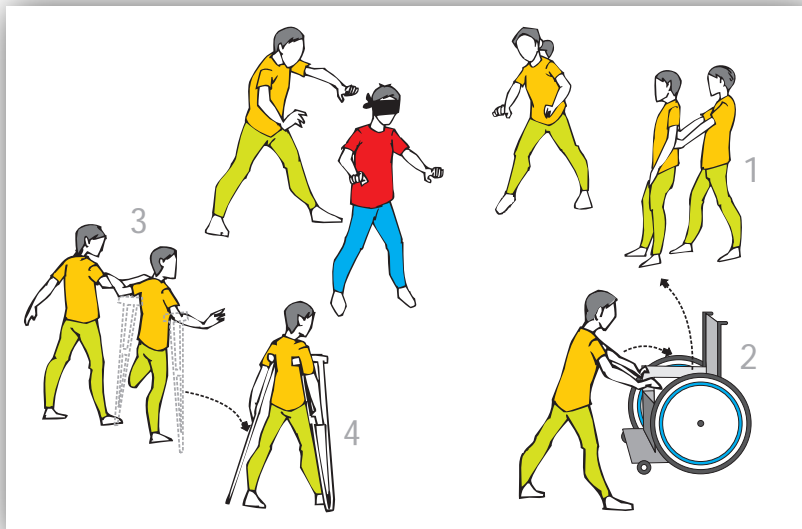
Touched player has to speak.



Use peer support to avoid obstacles, since it's very hard to walk without seeing and hearing at the same time.



Take player's hand if s/he's afraid of the darkness.



1. Able bodied player helps wheelchair user to stand
2. Able bodied player takes his/her seat in wheelchair
3. Crutch user hands crutches over and gets peer support in standing
4. Able bodied player takes crutches

6. Sweets Race

AGE LIMIT

4 to 10 years

NUMBER OF PLAYERS

5 to 25

MATERIALS

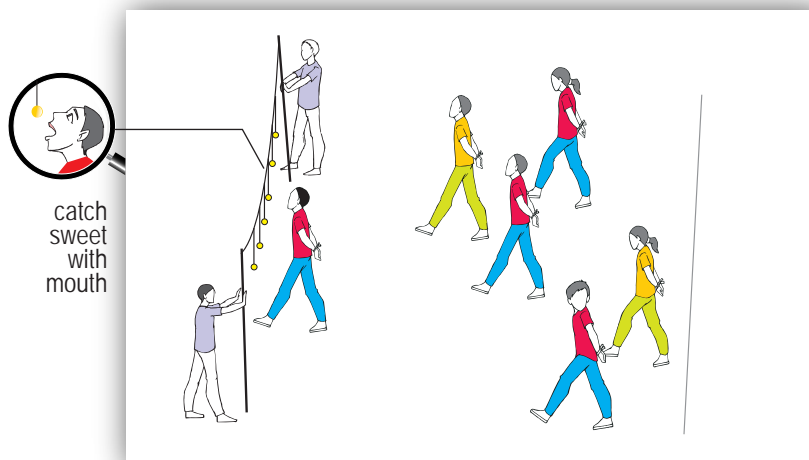
- One long rope
- Two sticks
- Some strings
- Sweets
- Markers

DESCRIPTION

Sweets are hung from a rope.

All players have their hands behind their back.

At the signal, players have to run to take the sweets with their mouth and to return to the starting line.



THE WINNER

The first to come back with one sweet.

VARIATION OF DIFFICULTY LEVEL

- Sweets are hung higher (+)
- Change ratio of sweets per player(+/-)
- Shaking sticks (+).

ADAPTATION

Very easy to adapt for all types of disability.



Use special line nearer to the sweets

Peer support, if disabled person is not able to propel the wheelchair independently.



Special line nearer to the sweets, according to running capacities.



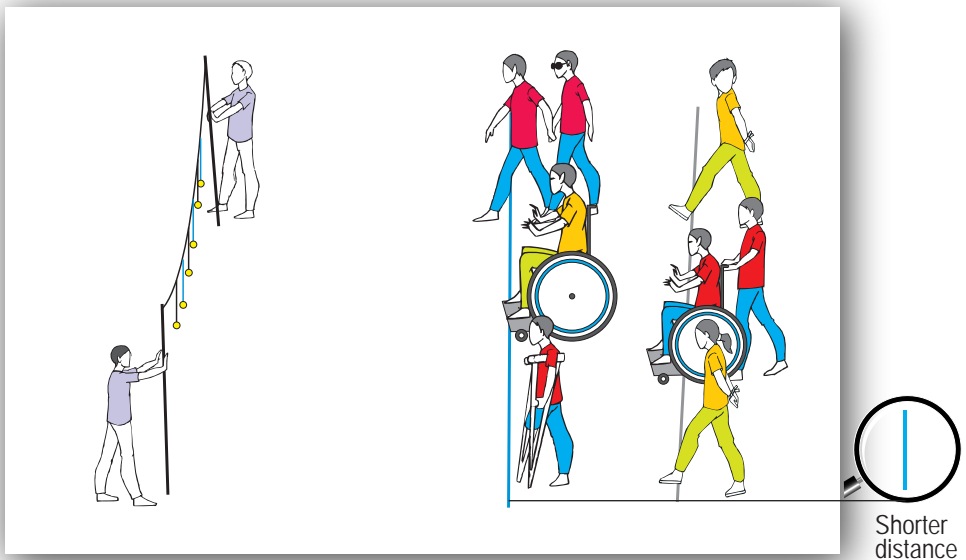
Use peer support for guidance.



Additional visual sign for starting signal.



Peer support, if necessary.



7. Ha-Du-Du

AGE LIMIT

8 and above but quite similar age groups in the same game

NUMBER OF PLAYERS

6 to 16

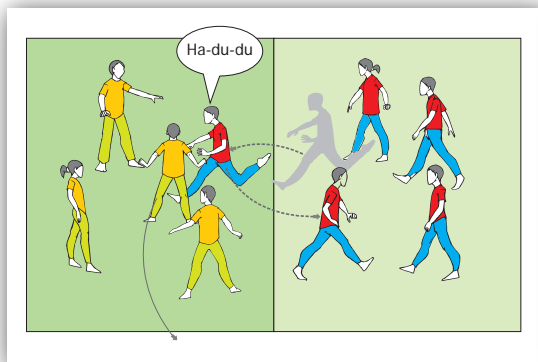
MATERIALS

- Markers

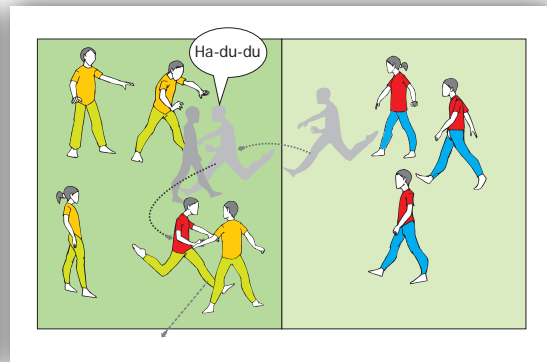
DESCRIPTION

Two teams in two adjacent courts.

One player says "ha-du-du" continuously and enters the other team's court to touch the opponents. As long as s/he's able to continue to say "ha-du-du" in one breath, s/he can try to touch players of the other team and is him/her self untouchable. Touched players are out of the game. If the attacker stops saying "ha-du-du", the opponents can touch him/her and s/he's out of the game.



- ✓ Red is untouchable
- ✓ Yellow is out



- ✓ Red stops saying "ha-du-du"
- ✓ Yellow touches him: red is out

THE WINNER

The team which eliminates all players from the opposing team.

VARIATION OF DIFFICULTY LEVEL

- The longer the field, the more difficult it is to come back, after the attack (+)
- Density of players (+/-)
- Catch (+) or touch (-) the opponent.

ADAPTATION

Possible for all types of disability, but play just by touching, not catching.



When in defence, will use a special area very far from the middle line.
When in attack, able bodied players, from the other team have to stay in a small area (higher density and less possibilities to escape = easier to catch).



For defence: use verbal peer support for guidance: e.g. "red comes from right, we have to go left..."

For attack: defending team only moves within a restricted area, and when on attack, team guides visually impaired player verbally.

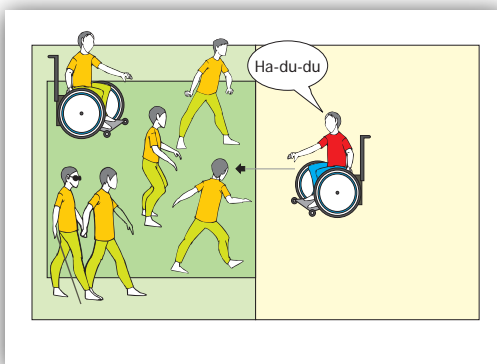


Visual signal to indicate when the attacker stops to say "ha-du-du".

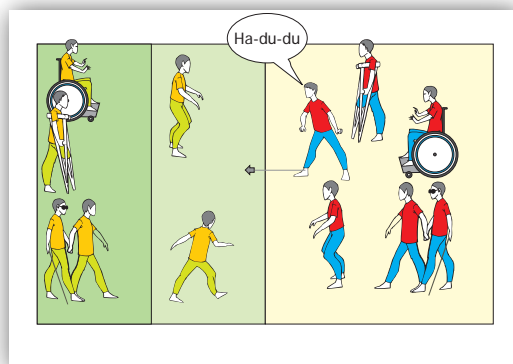


Start with just walking, no running

Consider peer support (manual guidance) by one player.



Adaptation for attacking wheelchair user: defending team in restricted dark green area



Attack adaptation: disabled players in dark green area further away from attackers

8. Burning Balls

AGE LIMIT

5 to 12 years

NUMBER OF PLAYERS

4 to 18 (2x9)

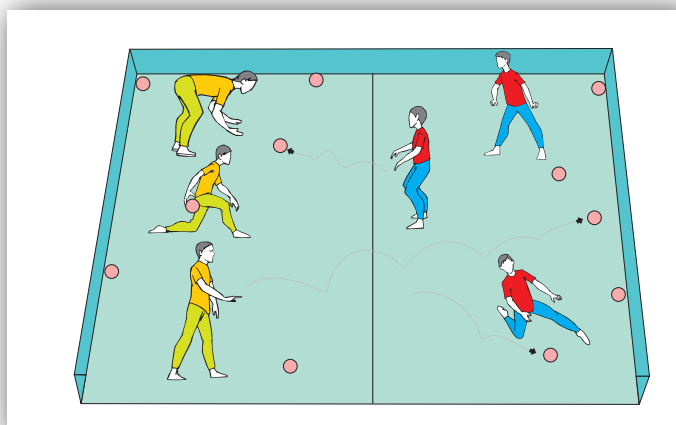
MATERIALS

- Many little balls
- Line or markers
- Wood or bamboo stopper
- One whistle or bell

DESCRIPTION

Two teams in two adjacent courts.

Each team has to throw all the balls in to the opposite court. When the referee gives a signal, everybody stops throwing and the referee counts the number of balls in each court.



Throw the balls in the opposit camp

THE WINNER

The team which has less balls in its field when the referee whistles.

VARIATION OF DIFFICULTY LEVEL

- Size of courts (+/-)
- Use only left hands (+)
- Use only feet (+).

ADAPTATION

Quite easy to adapt for all types of disability.



Consider playing by sitting on the ground.



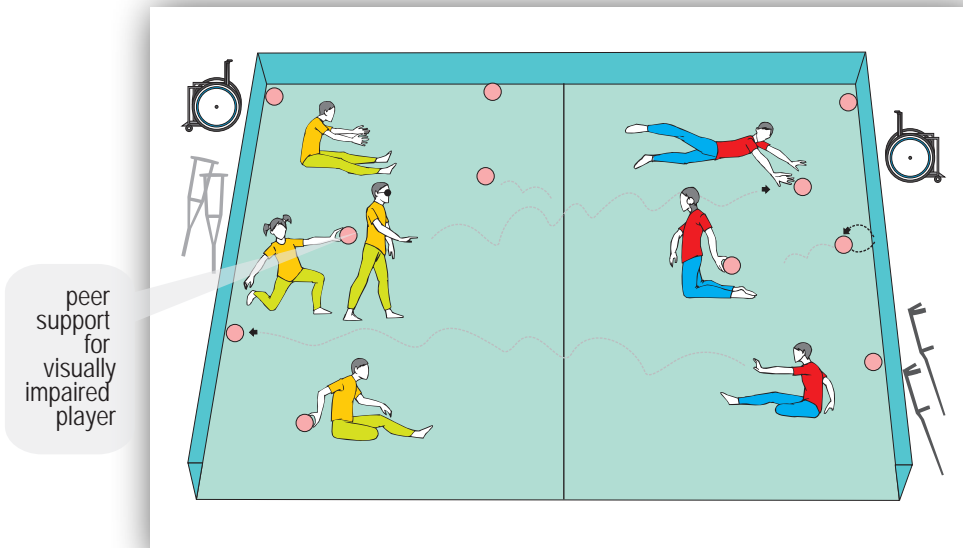
Possible with peer support: the colleague catches balls and the visually impaired player throws them. Visually impaired player can stand or sit.



No special adaptations, except visual signal for starting and ending.



Peer support for catching and throwing, as per needs.



Adaptation for different players

9. Eagle and Birds

AGE LIMIT

5 years and above but similar age groups in the same game

NUMBER OF PLAYERS

10 to 40

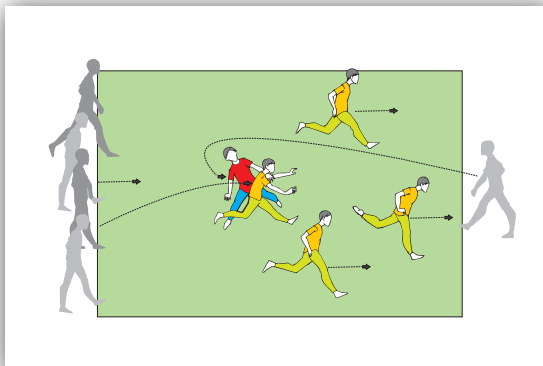
MATERIALS

- Big even playground
- Markers

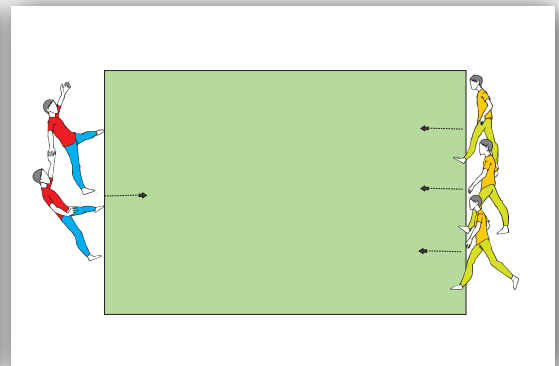
DESCRIPTION

One player is the Eagle (red player), the others are little birds, on the opposite side (yellow players).

Birds ask: "Eagle, are you ready ?!?". When the Eagle replies "Yes!!!", birds try to cross the Eagle's camp. The eagle tries to catch them while crossing the birds' camps. Every bird who is touched becomes an eagle and stays with him/her, hand-in-hand for the next few rounds.



Bird (yellow) is touched by the eagle (red)



Touched bird has become eagle

THE WINNER

The last bird.

VARIATION OF DIFFICULTY LEVEL

- The larger the playground, the harder it is for the eagle
- When the group of eagles becomes too big, one can divide it in to several groups of eagles consisting of 4 or 5 players.

ADAPTATION

This game is not easy to adapt for people who can't run but it is possible. Note that it's not necessarily in the eagle's interest to catch the players with a severe disability first because this will make him/her slower when flying. Hence, this is a game which may favour winning of disabled players.



Shorter distance to go

Wider playground (note: eagle may also enter the special area)

Use peer support, if a player is not able to propel his/her wheelchair.



Shorter distance to go

Wider playground (but not necessarily as wide as the one for the wheelchair users)

Consider peer support for walking/running.



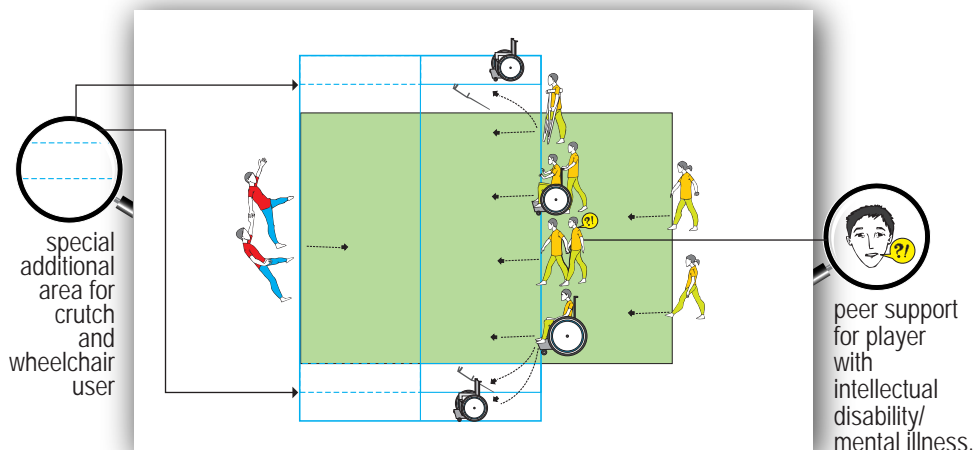
Possible with peer support for guidance: e.g. "Let's go left, eagle is on the right side!!!".



No adaptation needed.



Peer support as per needs.



10. Target Games (Throwing)

WHY ARE TARGET GAMES INTERESTING?

Target and throwing games are conceivable with any age and any kind of disability and offer different advantages:

- No great mobility needed to play
- Easy to understand
- No complicated adaptations necessary
- Enhance precision
- Simple way of training how to plan, carry out, evaluate and adjust an action (target enables a result oriented approach which is particularly beneficial for children with neurological impairments)
- Practice is possible on outdoor or indoor playground
- Can be used as warm-ups (e.g. for cricket) or as a first step to introduce other recreational games (e.g. burning ball, jail ball, etc.)
- Opposition is not physical and direct but individual or collective through a scoring system.
- Inclusion happens in a natural way in small groups

MATERIALS

- **Projectiles:** different balls (weight, size, color), bags (rice, bean, sand), darts, rings
- **Targets:** areas on the ground (lines, big rings, etc.), boxes (carton, cans), cones, skittles, dart board

Think of using some sound targets for visually impaired players

- **Chair:** one chair for each situation. Players can choose to sit or stand
Safety materials (optional) to demarcate the security area: rope, bamboo, etc.

ORGANIZATION

- **Arrangement of the playground**

Set up different games at the same time on different parts of the field: divide players into small groups for each game. When the exercise is finished, groups change to the next game. One referee can be chosen per game.

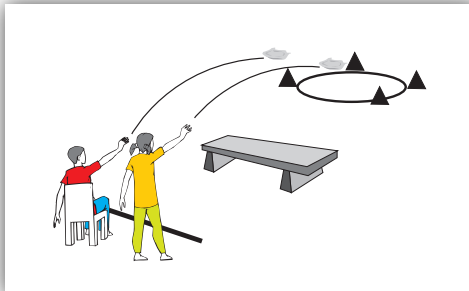
- **Score**

Five shots per player for target games with different scores for different zones. Reach the target in a minimum of attempts (like golf scoring).

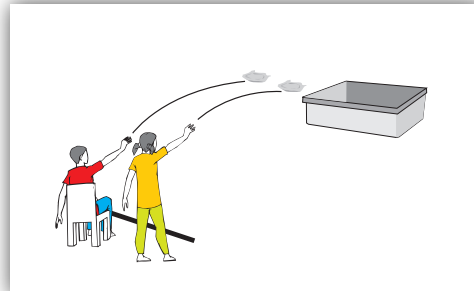
RANKING SYSTEM

- **Team by team**
which is the best team? (collective result with teams similar in strength);
- **By type of disability**
who is the best for each type of disability? (individual result);
- **Game by game**
who is the best player in this game? (all categories).

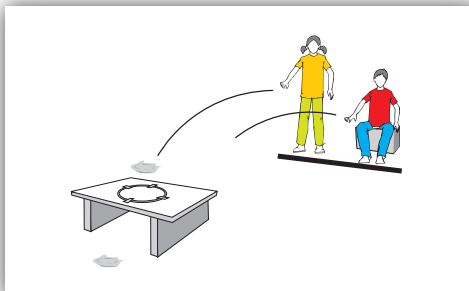
SOME EXAMPLES OF THROWING GAMES



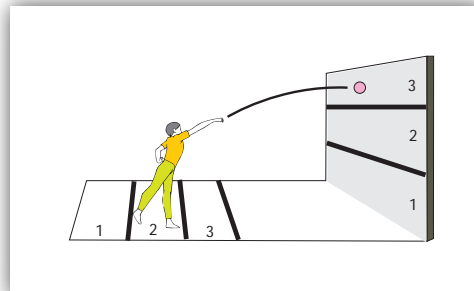
Throwing the projectile in the ring across an obstacle



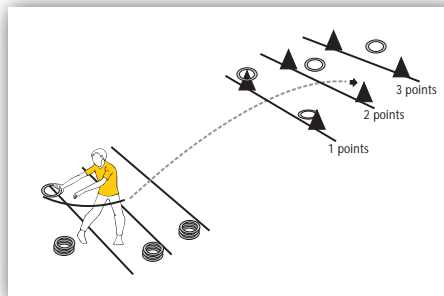
Throwing the projectile in the box



Throwing the projectile in the ring placed on a podium



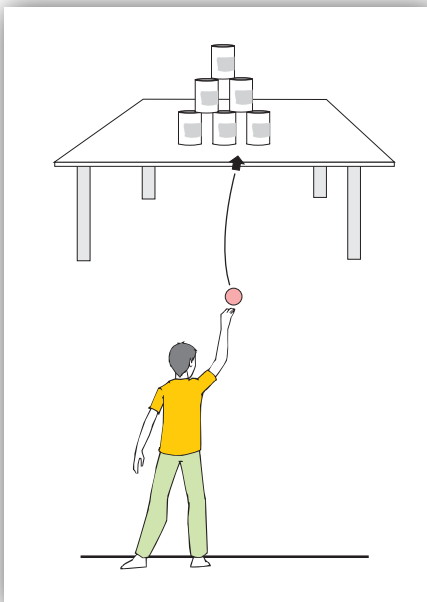
Throwing the projectile in different zones on the wall (variable distance from the wall)



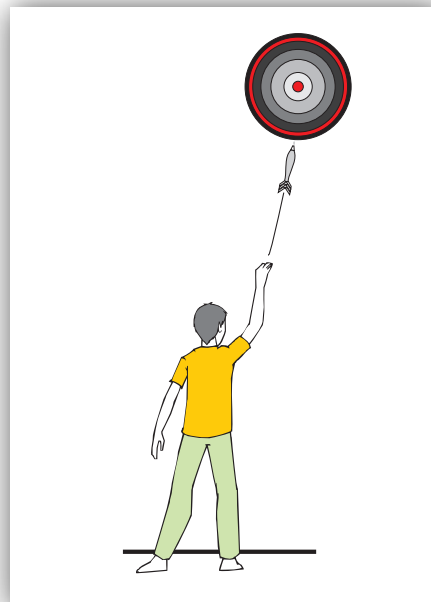
"Put the hat on the head": throwing the rings on the cones (variable throwing distance; higher score for cones farther away: 1, 2 or 3 points)

ADAPTATION

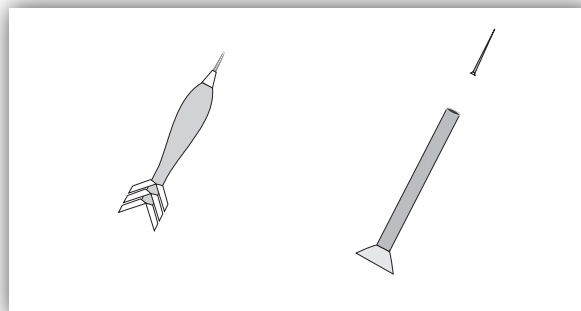
- With similar and inclusive teams no adaptation may be needed, as teams contain a similar number of players with similar disabilities. If teams are not equivalent, advantage should be given to the most disabled players
- If throwing is too difficult, try rolling and optionally use a ball guiding ramp if required (like in bowling game)
- The most disadvantaged children could carry out the task with the projectile of their choice (sometimes, a different surface or form of an object can make a difference).



"Knock down the pyramid": knocking down the tins on the table with the projectile



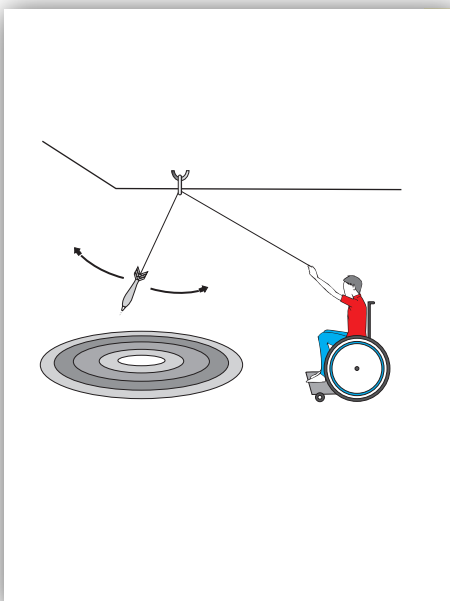
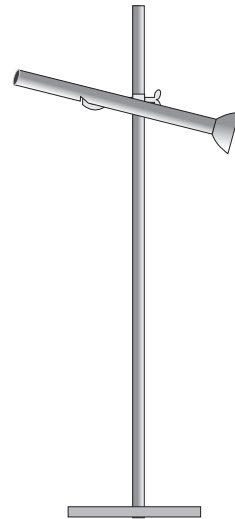
Hit the target with dart



Different types of darts: heavy dart, blowing dart, etc.

For the dart games if the level of disability is too high:

For severely disabled players wedge the blow pipe with a medical stand to limit shaking.



Put the target on the floor with a pendulum system.

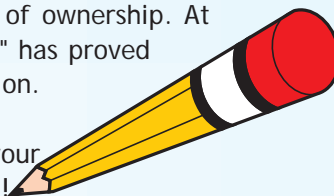
CONCLUSION

This booklet aims to promote the inclusion of disabled persons in sports and physical activities. The presentation of the experiences shared in "Sport and Fun for All!" is by no means exhaustive. In fact, there is ample room for improvement in future as well as for refinements in the methods, in order to adapt this Bangladesh experience to different countries or social contexts.

The main appeal of this approach is the positive mental change of disabled persons, their caregivers and the community, and the inclusion of the disabled persons in community life, beyond Sports activities. Many children are now able and allowed to go to school, and are well accepted by other children and by teachers; others have joined vocational training or economic activities. Examples of positive effects of this programme are many.

Of course, time, skill, regular and long-term practice to adapt physical activities to different types of disabilities are needed to ensure equity among the players whatever their situation. Efforts are also needed to mobilize volunteers to support this endeavor. It is through them that this process can be made sustainable and that the community can acquire a sense of ownership. At any rate, "Sport and Fun for All!" has proved to be an excellent tool for inclusion.

So get ready, the ball is on your court! On your marks, get set, go!



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